



DATE: May 23, 2024

TO: Southern Nevada District Board of Health Members

FROM: Fermin Leguen, MD, MPH, District Health Officer *FL*

SUBJECT: District Health Officer Report

Extreme Heat

On May 16, the Southern Nevada Health District, Clark County and community partners launched a heat safety awareness initiative to provide resources, information and data to the public. Every year people die or are hospitalized because of heat-related illnesses. Hot weather can affect anyone, but people who are older, pregnant, or have chronic health conditions are more at risk. Knowing the signs and how to prepare for higher temperatures can help prevent heat-related illnesses and deaths this season.

The Centers for Disease Control and Prevention (CDC) also recently launched a new Heat and Health initiative with the Atmospheric Administration's (NOAA) National Weather Service (NWS) to protect the public from heat exposure. The new initiative has three resources: a HeatRisk Forecast Tool; HeatRisk Dashboard; and CDC's new clinical guidance. The three resources combined are meant to work together so people can take proactive steps to protect themselves, stay cool and hydrated, and know the symptoms of heat-related illnesses.

Go to <https://ephracking.cdc.gov/Applications/HeatRisk/> and enter your ZIP code to CDC HealthRisk information for the week.

The updated Health District website was launched on May 16, and is available at www.SNHD.info/BeattheHeatSNV.

Measles

The Health District reported a confirmed case of measles in a visitor to Clark County in April. The person traveled from out of state and visited multiple locations in Las Vegas and Henderson. The Health District issued a public notification because measles is highly contagious. The measles virus can live for up to two hours in the air after a person who is infected leaves the area.

To date, no locally transmitted cases of measles have been reported in Clark County. However, reports of measles continue nationally and internationally, the Health District is advising people to review their immunization status with their health care providers. The MMR vaccine is highly effective in preventing illness. Additional Health District recommendations for health care providers are available at www.southernnevadahealthdistrict.org/news-info/health-care-professionals/public-health-advisories/.

Soda Free Summer Challenge

The Health District's Office of Chronic Disease Prevention and Health Promotion is holding its annual Soda Free Summer Challenge from Friday, May 3, through Saturday, Aug. 31. The campaign urges everyone to choose healthier beverages in favor of soda and other sugary drinks.

More information about how to participate in the Soda Free Summer Challenge is available at www.GetHealthyClarkCounty.org or www.VivaSaludable.org. Information about local, upcoming events associated with this campaign, can be found at the Get Healthy Clark County Community Calendar or Calendario de la comunidad.

Most Americans are consuming too many added sugars in their diet. Sugar-sweetened beverages including sodas, energy drinks, and fruit drinks are a main source of added sugars. A regular, 12-ounce can of soda can contain a full 10 teaspoons of sugar. Because of the added sugar, soft drinks and other sugar-sweetened beverages can contribute to health issues including obesity, type 2 diabetes, heart disease and tooth decay.

Sugary drinks include sodas, sports drinks and fruit drinks, as well as tea and coffee sweetened with added sugar. Nationally, 63% of youth and 49% of adults reported having sugary drinks once daily or more. On average, children consume more than 30 gallons of sugary drinks per year, enough to fill an entire bathtub. The average American consumes approximately 17 teaspoons of added sugar each day. Adolescents (12-19 years old) are the highest consumers of sugar-sweetened beverages. In Clark County, 11.4% of adolescents drank one can, bottle or glass of soda at least once per day during 2019. That rate increased to 13.3% in 2021. However, the 2021 rate was down significantly from the 23.3% recorded in 2007.

According to the American Heart Association, men should consume no more than 9 teaspoons of added sugar per day. For women, the recommended daily maximum is 6 teaspoons. Adults and children are encouraged to limit sugary drinks and opt for healthier alternatives including water, unsweetened tea and plain milk. Consumers are advised to read nutrition labels to determine how much added sugar is included in their drinks. For information about how to identify added sugars, visit the sugary beverages web page on the Get Healthy or the Viva Saludable Spanish language website.

Influenza Season

Influenza surveillance in Clark County includes data collected from local acute care hospitals and other health care providers. In Clark County, as of April 20, 2024, there have been 1,346 influenza-associated hospitalizations and 82 deaths, including one pediatric death, reported. Forty-eight percent of the influenza-associated hospitalizations were in persons 65 years of age and older as well as 79% of deaths. The percentage of emergency department visits and urgent care clinic visits for influenza-like illness (ILI) increased from 3.3% in week 15 to 3.4% in week 16. Influenza A has been the dominant type circulating. Of the patients reported through the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet), 2.3% were due to respiratory illness that included ILI. This percentage was below the national baseline of 2.9%. Among 55 states and jurisdictions, the respiratory illness activity level in the state of Nevada is minimal.

Flu surveillance in Clark County for the 2023-2024 influenza season begins October 1 and runs through May 18. The weekly Influenza Surveillance Snapshot and Influenza Report by Age Group is available on the Health District's website.

Community Meetings

Week ending 04/28:

Monthly:

- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with Councilwoman Gallo, Councilman Knudsen, Councilman Black, Scott Nielson, Bobbette Bond, Mayor Hardy
- Participated in the Southern Nevada District Board of Health meeting

Professional Development/Conferences:

- Attended the "ART of HIV and STI Prevention: Update from the 2024 Conference on Retroviruses and Opportunistic Infections (CROI)" webinar facilitated by the International Antiviral Society (IAS-USA)
- Attended the "CDC HPAI A (H5N1) All-STLT Check-in Partner Call"
- Attended the "Writing for Scientific Publication Part 1" webinar
- Attended the "Strategies for Providing Culturally Responsive Care – Immigration" webinar

Week ending 04/21:

Monthly:

- Participated in the Southern Nevada Community Health Center Governing Board meeting
- Participated in the Clark County Medical Society Board of Trustees meeting
- Participated in the individual Southern Nevada District Board of Health Agenda Review meeting with Commissioner Kirkpatrick and Commissioner Segerblom

Quarterly:

- Participated in the Southern Nevada Health District Regional Trauma Advisory Board (RTAB) meeting

Professional Development/Conferences:

- Attended the "Supporting Decision Makers Using Opioid Settlement Funds: A Snapshot of Spending and Opportunities" webinar facilitated by the Big Cities Health Coalition (BCHC)
- Attended the "Managed Care Roundtable" facilitated by the Nevada Primary Care Association (NVPCA)

Week ending 04/14:

Monthly:

- Attended the Big Cities Health Coalition (BCHC) Monthly Member Call

Quarterly:

- Attended the Southern Nevada Health District Public Health Advisory Board meeting

Professional Development/Conferences:

- Attended the "Methamphetamine and Implications for HIV" webinar facilitated by The Pacific AIDS Education and Training Center-Nevada
- Attended the "2nd Annual Black Maternal Health Outcomes Matter - Keeping Hope Alive! Summit" facilitated by the Department of Health and Human Services

Ad-hoc Meetings:

- Attended a meeting with Commissioner Kirkpatrick and Vinson Guthreau regarding Opioid Prevention Projects

- Attended a meeting with Administrator Cody Phinney regarding the EMS COMPAQ Project

Week ending 04/07:

Monthly:

- Participated in the Electronic Health Information Advisory Group meeting

Bi-monthly (every two months):

- Participated in the Medical Advisory Board (MAB) meeting
- Participated in the Public Health Commission Meeting with the Nevada State Medical Association

Annually:

- Attended various SNHD Activities related to Public Health Week

Media/Interviews/Panelist/Presenter/Events:

- Presented at the SNHD State of Public Health and Legislative Advocacy Day

Ad-hoc Meetings:

- Attended a meeting with Bradley Mayer
- Attended a meeting in preparation for the Joint Interim Standing Committee on Health and Human Services
- Attended the Nevada Association of Local Health Officers (NALHO) meeting